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Photo By: JO2 Carmichael Yeppez

Sailors duke it out in fierce paint ball battle

By JO2 Carmichael Yeppez
Editor

It was like a scene out of an action packed movie. Shots ricocheted by the hundreds as 80 Sailors and civilians grouped in teams of four, battling to defeat their opponents at the MWR Combat Zone on Tuesday, March 30.

"It was exciting," said PR2 Ryan Swank. "Adrenaline is rushing through your body and you're just thinking you don't want to get hit."

It was a game of strategy

Supporting Our Military Children

By Dr. Lynn Flowers

Family Advocacy Representative

We have all seen the bumper stickers that say, "Navy Wife—The Toughest Job in the Navy." Military life is not easy for sailors or for their spouses. Unfortunately, we sometimes fail to realize that children are also affected by the stress of having a parent in the Navy. Children miss parents who deploy or who go away on temporary additional orders (TAD). Long duty hours and changing schedules also make it difficult for military parents to be with their children. The Navy and the other military services established April as the "Month of the Military Child" to recognize and celebrate the children of the military. Over 1.2 million of these children are under the age of 18. Approximately 244,000 of the children are under the age of



Photo By: JO2 Carmichael Yeppez

Military children at NAF often like to dress up like their parents.

three.

Fortunately, the DoD provides recreation, childcare, Youth Centers, and health care to

military children. Counseling services are also provided to

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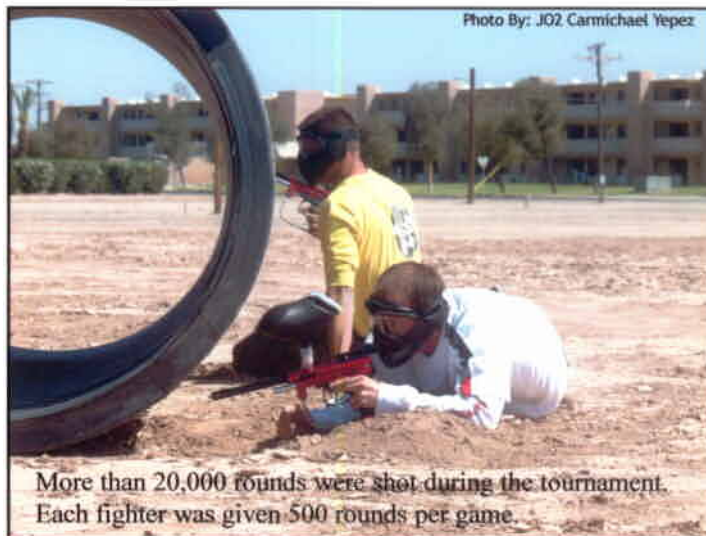


Photo By: JO2 Carmichael Yeppez

More than 20,000 rounds were shot during the tournament. Each fighter was given 500 rounds per game.

where pulling the trigger faster did not necessarily mean you were better. Moving closer to your opponent without being seen proved to be lethal, as the more experienced teams annih-

lated their opponetes in battles that lasted from five minutes to 45 seconds.

"I thought some of my team-

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Plus:



Photo By: JO2 Carmichael Yeppez

Bowling Center Employees
recognized for a job well done!
See pg. 3



Photo By: Yuma Parks & Recreation

NAF Snowbirds take nine
medals at Yuma Senior Games
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April is Month of the Military Child

Supporting Our Military Children

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families and children. These services help nurture our cherished military children as they confront life's challenges and opportunities.

The Military Child

Author Unknown

I am a child of the United States military. My hometown is nowhere, my friends are everywhere. I grew up with the knowledge that home is where the heart and family are, with no dependence on the dwelling. Mobility is my way of life. Some would wonder about my roots; Yet, they are deep and strong as the mighty oak. I sink them in quickly, absorbing all an area has to offer and hopefully giving enrichment in return. Travel has taught me to be open, shaking hands with the universe. I find brotherhood in all people. Farewells are never easy. Yet even in sorrow comes the strength and ability to face tomorrow with anticipation. If when I leave one place, I feel that half of my world has left. I also know that the other half is still waiting to be met. Friendships are formed in hours and kept for decades. I will never grow up with someone, but will mature with many. Be it inevitable that paths part, there is constant hope that we will meet again.

For further information, contact the Fleet and Family Support Office at 339-2241.



Photo By: JO2 Carmichael Yopez

NAF El Centro salutes our military children

Caring for your yard

By Tony Hunt

Housing Management Specialist

Think how nice it would be for you and your neighbors to step outside and have a nice view all the way around. When you know company is coming, if you're like me, you clean your house just a little better. Did you realize the exterior of your house is viewed by others all the time. They may

not always be your guests, but here on base there is a good chance they'll know who you are. They may work for you.

In return for the opportunity to live in a safe comfortable neighborhood, we ask that you take pride in your house and maintain it so that others take pride in the neighborhood. The base and housing belong to us, we ask that you do those things that every house owner does. This includes conservatively watering your lawns, mowing it, edging the yard and cleaning up after pets. Rather than using your garage to work on a car, use the excellent auto hobby shop that is very well equipped. If you need to store a boat, RV, etc. contact housing as they have storage areas desgined for these items. Remember, this is our neighborhood and we want to be safe and reflect the pride that we have in ourselves.

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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Dooms Day wins paintball tournament at Combat Zone

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mates were still alive," said one combatant as he was ambushed



from behind. "I didn't even see him coming."

According MWR's Outdoor Recreation Director, Joe Conner, the event was held to promote the paintball gear available at gear issue.

"It was a great success," said Conner. "We had a great turnout and everybody literally had a blast. We've had the equipment for quite some time but not many people were aware of it. We are hoping this will attract those who enjoy this extreme sport to take advantage of the equipment we have."

The excitement of the battle was also felt by spectators as they cheered when paintballs

splattered opponents out of the game.

Out of 20 teams, one by one they dwindled down to the last



Photos By: JO2 Carmichael Yopez



two. MWR's Dooms Day and Strike Fighter's QA Bandidos. In the grand finally, Dooms Day snuck up on the Bandidos team engaging within inches chasing them in circles around a barrier until finally shooting the second to last opponent. The last survivor never saw it coming as the Dooms Day fighter jumped up from behind the barrier and unloaded six rounds into the last Bandido.

Reenlisted

On Thursday March 18, MA1 (SW/AW) Gary Groesbeck received \$19,290.09 from the Navy as birthday gift on his 29th birthday. The Navy also agreed to hire him for an extra four years. Groesbeck will transfer in May to Mobile Security Detachment in Portsmouth, VA. LT Conn was the reenlisting Officer.



Photos By: JO2 Carmichael Yopez

Photo By: JO2 Carmichael Yopez



Bowling Center Manager Amadou "Butch" Mbodj gathered his employees at the bowling center to celebrate the bowling alley's recent success.

Recognition for a Job Well Done!

By Carmichael Yopez
Editor

On Wednesday March 26, Bowling Center Manager Amadou "Butch" Mbodj gathered all his employees in the dinning area of the bowling alley to credit them with the recent success of their sales.

"We've been deep under water," said Butch. "But after a little restructuring and reorganizing, I am glad to say we have finally surfaced above the water."

Butch gives all the credit to his

employees for helping him reach their goal.

"I would like to give special mention to MWR's Accountant Art Lizarraga for providing us with some cash handling procedures. We've learned how to have more control of our money and have been able to generate more revenue."

Invited guests at this gathering included the prospective Executive Officer CDR Daniel Denison and Jack Lewis.

Following a big round of applause, everyone was invited to ice cream and cake.



Air Show/Food Fest

By JO3 Lynn Iron
Navy Compass

Approximately 40,000 people attended this year's annual Naval Air Facility El Centro Air show and Food Festival on March 12 and 13.

The Food Fest began with an offering of local restaurant samples inside hangar six, while the Navy band "Millennium" played in the background.

Tacos de birria, pizza, enchiladas, ice cream, kettle popcorn, roast beef, salads and wine were just some of the appetizing morsels people were able to taste.

"My favorite were the birria tacos," said Frank Ekonomo, who attended with his family. "The meat was very tasty. I imagine they had a very good cook because it takes some special spices to make that dish."

According to Tony Camacho from La Fonda restaurant, they handed out more than 400 tacos.

While people lined up for tastings, the Blue Angel pilots signed autographs and took pictures with children and adults. When the sun went down, a Pyrotechnic show and a performance by the Leap Frogs had spectators gazing up into the night sky.

"The Leap Frogs were amazing," said Fred Merger, who was visiting family from Detroit.

"I have never seen a night show performed by the Leap Frogs. They did a great job. I took a lot of pictures, so I will remember them if I

NAF El Centro
Commanding Officer, CAPT Paul Ziegler presents Blue Angels Flight Leader and Commanding Officer, CDR Russ (Boss) Bartlett with the 2004 NAF El Centro Poster during the Food Fest celebration on Friday March 12 at hangar six.



never have a chance to see them again."

The following day proved to be a bigger attraction for the weekend. Approximately 15 air show performances took place on Saturday including those by the Navy Leapfrogs, F 117 Nighthawk, F-16 Falcon and the Blue Angels.

"The Blue Angels were cool," said 6-year-old Tommy Jones, from Phoenix. "I liked the way they did tricks in the air. It looked like they were going to hit each other but they didn't. I can't wait to come back again."

According to Commanding Officer, CAPT Paul Ziegler, this year's spectacle has been one of the best.

"I could not be more pleased that we could offer the opportunity for so many people to enjoy the event," said Ziegler. "This is one of

the largest attendances ever. Visitors came from all over the Imperial Valley, including Mexico, San Diego and Los Angeles as well as numerous seasonal "snow bird" visitors to the valley from across the U.S. and Canada."

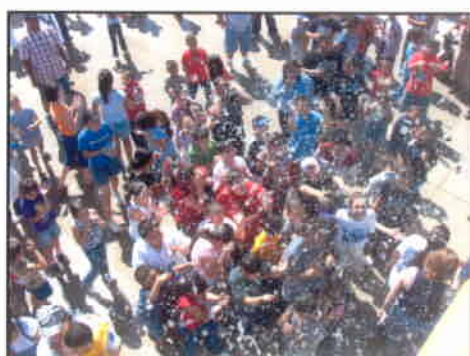
With more than 30 static displays on the ground, neither the adults nor the children were left without a fun activity to participate in. For some children it was having the opportunity to sit in a jet and for others, it was having a water fight with Navy Divers.

"This is a great event," said Skye Miller, from Los Angeles, who attended the event with her two children. "This gives everyone the opportunity to see what the military does. It is great that they have something for both children and adults. I am glad we came."





Photos By: LT David Rodriguez
JO2 Carmichael Yopez





Branch Medical Clinic leaps into the future

Beam me up Scotty

By J02 Carmichael Yezpez

Editor

Sailors at the El Centro Branch Medical Clinic will no longer have to drive over the hill for meetings in San Diego.

The clinic recently installed a 42" flat screen, high definition video teleconferencing system that will allow them to interact with other facilities in San Diego and around the world.

"I feel like I'm on the bridge of Star Trek's Starship Enterprise," said HN Bryan Dunderdale. "This is the coolest thing I've seen."

On average, medical personnel had to travel to San Diego

four to five times a week for training and meetings. That will no longer be the case as they can now video teleconference.

"We are going to save thousands of dollars in transportation and TAD money," said HMC Sal Rodriguez.

Besides teleconferencing, the system is used to provide training, for power point presentations, for DVDs and on-line access. One of the advanced features includes sound recognition, which allows the camera to direct itself in the direction of whoever is speaking.

"This is great," said HMI Francisco Castellano. "The machine can take a picture as we



Photo By: J02 Carmichael Yezpez

HMC Sal Rodriguez and HMI Francisco Castellano try out the new VTS.

are standing here and within seconds we can send it over the internet.

According to Castellano they are the first clinic out of 15 in region to have this system.

KBR Services Project General Manager goes for the ride of his dreams

By J02 Carmichael Yezpez

Editor

When Art Obergh first arrived at NAF El Centro to head the Base Operating Services Contract, Kellog Brown & Root (KBR), he never imagined he would be doing aerobatic stunts in the air.

"It was a life long dream," said Obergh, who was fortunate enough to experience one of the most fascinating rides of his life with aerobatic performer Greg Poe on Friday March 12.

Being a sponsor for the air show included a ride with one of the civilian performers and normally the first in line is the boss.

"I do some flying occasionally," said Obergh. "So I gave the ride to my employees. To my surprise, the first two we offered the ride to were not up to the challenge (a little scared if you know what I mean) until finally Christian Morris from Combined Bachelor Housing (CBH) took the ride.

"She was very nervous," said



Photo By: J02 Carmichael Yezpez

Art Obergh receives instructions from Greg Poe Before going up for a spin.

some of her coworkers. "But she was very brave about it. She was a little nauseated when she came down, but said the ride was awesome and would do it again if she could."

Obergh had given up his opportunity because going up for a regular ride was nothing new to him. He has a nephew who owns a plane and when he visits him, he often takes it for a ride.

What Obergh really wanted was to do some stunt flying and when Greg Poe learned of this he offered a second ride to Obergh.

At age 66 you would think he would have been disqualified for health reasons, but on the contrary, Obergh is in perfect physical condition and did not think twice about the opportunity.

"I'll go up for the ride," said Obergh. "But I'm not up here for

the regular glide, lets do some of the stuff you do for shows."

Poe revved his engine and within seconds Obergh was flying upside down in Poe's custom-built Edge 540.

"It was an unforgettable experience," said Obergh. "We did Poe's signature maneuver, Newton's Folly," the "Knife Edge Pass" and all kinds of tumbles, dives, pirouettes and spins."

KBR's Project Lead, Ruben Carlos and some of the other employees, who were there to see Obergh fly were expecting to see him come down green and ready to ... , but were surprised when he returned. "He looked as fresh as can be," said Carlos.

As our interview concluded, Obergh said with a big grin on his face, "I finally have something to brag about over my twin brother."

What surprised me was to hear him say this last part speaking perfect Spanish. Although his last name is German and was born New York, I later found out he spoke perfect Spanish because he is of Puerto Rican descent.



Attention to Quarters

By JO2 Carmichael Yopez

Editor

Quarters was held on Thursday March 26 at the base theater. The following awards were presented.

Top row from right to left: AC1 Scott Margetta (Ops) received a Letter of Commendation, AO1 (AW) Christopher McClure (Weps) received a Navy Achievement Medal, AO1 (AW/SW) Lawrence Douglas (Weps) received a Navy Achievement Medal, AC3 Derrick Hobson (Ops) was nominated as NAF El Centro's Junior Sailor of the Year, AC3 Brandy McCormick (Ops) received a Letter of Commendation and AOAN Megan Bermudez (Weps) was nominated as Sailor of the Month.

Following the presentation of awards, Commanding Officer CAPT Paul Ziegler gave kudos to NAF for all the hard work that was put in to making this year's air show a success.

"It took a lot of time and hard work to make this happen," said Ziegler. "You did a great job."

The Skipper also talked about



how impressed the COs from the other bases were with our base during their recent visit at the end of February.

"Thank you for making our base look good. We impressed them so much, that we kind of put some competition on the other bases."

Before talking about the next topic, the CO made sure to mention two names that deserved some recognition. "I'd like to give a big pat for Becky Brister and Linda Snyder from the Mirage Club. They have been re-



Welcome Aboard!

Welcome Aboard to our new Sailors and their families. Above from left to right, back row:

AEAN Gregory Steimer (Strike), MA3 (SW) Ruben Duran (Sec), AME2 Douglas Marcotte (Strike), AO2 (AW) Travis Steele (Weps), and AT1 (AW) Patrick Cawley (Strike).

Front row left to right:

ACAA Sheldon Barker (Ops), AC3 (AW) Grady Canada (Ops), MA2 (SW) Ricardo Ortega (Sec), and HM2 (SW) Avin Chester (Medical).

ally busy lately, but have done a great job!

The CO next spoke about the upcoming Physical Fitness Assessment and encouraged every-

one to get prepared.

The CO concluded by inviting everyone to submit any ideas on how to cut down on government cost and energy conservation.

More newly arrived personnel

Photos By: JO2 Carmichael Yopez



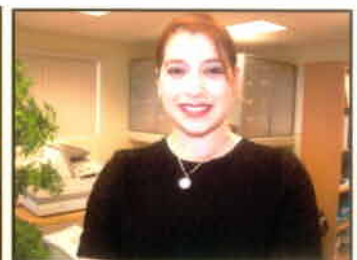
LT Rodney Sanchez
NAF Administration Officer



LTJG Karl Kickman
NAF Supply Officer



HMC Sal Rodriguez
Branch Medical Clinic LCPO



Araceli Gomez
New Admin Management Assistant



KBR's Employee of the Month















General Maintenance Worker, Phillip Halterman, center, was KBR's employee of the Month for March.

He was awarded a Letter of Appreciation, a small gift and a one-hour-off early chit.

The award was presented during KBR's Quarterly Carne Asada lunch celebration held at the transportation Bldg. Thursday March 25.

KBR's Health Safety and Environmental Manager, Oscar Perez commended his employees for going six months without a safety incident and loss of time.

"Safety is a major concern with our daily operations," said Perez. "We are trying to start a rewards program vice a disciplinary approach. We get better results by rewarding our employees for good safety practices."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim team practice M-Th 4 to 6 p.m. at the small pool. Ext 2627 Free Tennis Lessons Call the Fitness Center at Ext. 2489	Snowbird Buffet every Tuesday @ the Mirage Club from 5 to 8 p.m. Ext 2488. Tai Chi Every Tuesday at the Fitness Ctr. Ext 2488. Car Hauler now available at the Auto Hobby Shop \$25 a day Ext. 2689	1 2.5 Mile Bunny Run/ Walk at the Fitness Ctr. at 11 a.m. Ext. 2488 1 AHEAD! Bring Evidence to Reenlistment	2  Cat in the Hat (PG) 7 p.m.	3  Mona Lisa Smile (PG-13) 5 p.m. Kilt Ball: Vol 1 (R) 7 p.m.		
4 Bunny Bowling 3 p.m. at the Bowling Ctr. Ext. 2375 Champagne Brunch at the Mirage Club 11:30 to 2 p.m. Ext. 2319 Uniform Change	5	6  Karaoke Night @ the Mirage Club 8 p.m. Blood Drive: Strike Fighter 9 - 11:30 a.m. Exchange parking lot 12:30 - 3 p.m.	7  Ladies Night Wednesdays	8	9 The Haunted Mansion (PG) 7 p.m. Deadline for Hiding Egg service Ext. 2644 1 AHEAD! Bring Evidence to Reenlistment	10 Stuck on You (PG-13) 5 p.m. Gothika (R) 7 p.m. Bonny-Glo Cart Race at the Bowling Ctr. Ext. 2488
11 MWR Egg Hiding Service 7 a.m. Ext 2644	12	13  Karaoke Night Tuesdays @ the Mirage Club 8 p.m. Capt. Cup Wally Ball Tourney at 8 p.m. Ext 2380	14  Ladies Night @ the Mirage Club 8 to 11:30 p.m. Ext 2330 NAF Golf Outing. 4-man scramble at Rio Bend at 1 p.m.	15	16  Brother Bear (G) 7 p.m. 1 AHEAD! Bring Evidence to Reenlistment	17  Timeline (PG-13) 5 p.m. The Last Samurai (R) 7 p.m.
18	19	20  Karaoke Night Tuesdays @ the Mirage Club 8 p.m. Story Time at the Library at 10 a.m. Ext. 2470	21	22	23  Ice Age (PG) 7 p.m.	24  Hope Spring (PG-13) 5 p.m.
25	26	27  Karaoke Night Tuesdays @ the Mirage Club 8 p.m.	28 Golf 9-Hole Scramble at 12:30 p.m.	29	30 Flyin' High Kite & Movie Party at the small pool at 6 p.m. What a Girl Wants (PG) 7 p.m.	Water aerobics & High Aerobics Daily at small pool from 10 to 11 a.m. Ext. 2627

NAF RV-Park Snowbirds take nine medals at Yuma Senior Games

By JO2 Carmichael Yezzer
Editor

NAF El Centro Snowbirds Lou and wife Sharon Thoenes recently put NAF El Centro on the spot after winning nine medals at the Senior Games recently held in Yuma, AZ.

Prior to the competition Lou, paraded the Montana state flag, his home state, during the opening ceremony.

Sharon took two bronze medals, one for discus and the other for running long jump. She took a third bronze medal for the javelin throw.

Of the 12 events Lou participated in, he took a total of seven medals. Four were gold med-



als for the 400, 800, 1600 and 3000 meter runs.

"The event was fun," said Lou. "We don't compete so much for winning, but because there is great camaraderie at these events,

It's a good way to evaluate your performance."

The senior games are for people 55 and older.

"It's a big incentive to see 80-year-old athletes on the track



Photos By: Yuma Parks & Recreation

field," said Lou.

The Thoenes' have been regular Snowbirds at NAF for the past few years.